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Date: Thu, 9 Jun 1994 15:32:29 -0400 (EDT)

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FM BUMED WASHINGTON DC//00//
SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-20)//
POC/CAPT P.C. BISHOP/-/MED-00P (PUBLIC AFFAIRS)/-/TEL:(202)653-
1315/TEL:DSN 294-1315//
RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF
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2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
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HEADLINE: Rescuer Unknown Long After O'Club Fire
NAVHOSP Bremerton, WA (NSMN) -- Hank Rausch says it's weird
reading newspaper accounts of the Puget Sound Naval Shipyard
Officers Club fire. It's a little like reading a book that's
missing one of the characters.

The missing character is Rausch himself.

Rausch's director at Naval Hospital Bremerton, Carol
Butcher, nominated him for the unsung hero recognition because
for more than a year he's remained unknown.

Unknown in the paper and to the community. Unknown to the
woman he helped save.

"It's happened before and it will happen again," he said
recently, as if rescuing someone happens every day.

Rausch, a 57-year-old Bremerton man, aided Bobbi Rice in the
8 January 1993 fire at the PSNS Officers Club. A propane
explosion started the fire, leveled the building and left two
people, including Rice, with possible permanent injuries.

The way Rausch tells it, he was dropping off the family
checkbook for his wife, Silvia, who worked at the Officers Club.

Silvia wasn't in her office, so Rausch left the checkbook on
her desk. Turning around to leave, he heard a sound "like a big
case falling over."

It was the explosion, and he knew in an instant that
something was wrong.

"I had to kick the door out to get out (of the office) and saw all this smoke out in the hall. There was water being sprayed all over from broken pipes, and debris was everywhere.

"A man said, 'There's a lady under the wall,' and I thought it was my wife."

It turned out the trapped woman was Rice. A wall blew over in the explosion, and she was trapped under debris.

Working with John Gordon, then a Navy commander and shipyard administrative officer, Rausch cleared the debris away and gave Rice first aid. She was bleeding from a cut on her head.

"We made sure the bleeding was stopped. Then we carried her out through the mess," Rausch said.

Rice was in the building on business. She doesn't remember who helped her out of the fire, but says, "When people went into that building to get me, it was a total act of bravery. If it wasn't for them, my kids wouldn't have a mother; my mother wouldn't have a daughter."

A retired Navy master chief and Vietnam War veteran, Rausch says he knew the basics of rescuing people. He was a corpsman during his time in the service.

"I just went into a trained mode. I had to get her out of there. You do what you can before the walls come tumbling down," he says. "You do what you have to and don't worry about anything else."

Rausch found his wife safe outside after carrying Rice out of the building.

And Rausch, now a medical clerk at the naval hospital, came out unharmed.

"I messed up a pair of trousers and my shoes, that's all."

Story by Elena Castaneda, Sun Staff

Reprinted from the Bremerton (WA) Sun, 22 May 1994

-USN-

HEADLINE: Insights from Recent Selection Board

BUMED Washington (NSMN) -- As president of a recent selection board, I saw firsthand the intense competition for promotion among our medical professionals. With this background, I would like to share some of my observations and insights which could improve your future promotion opportunities.

The board I sat on selected many individuals to commander from above the zone. This is a clear indicator that you should not give up if you are passed over; instead, get over the disappointment as quickly as possible, then do everything you can to make yourself more competitive for the next board. The above-zone selections also mean that many excellent people, those in zone, were not selected because their records were not quite as competitive. Remember, those above and in the zone are considered equally by the board when it selects the "best qualified" individuals.

I cannot emphasize enough -- selection board members can only consider the written information in your microfiche (primarily fitness reports and award citations) and any correspondence you send to the president of the board. Your goal is, therefore, to have your record as complete as possible before

the board convenes and to have it stand out above the rest.

To achieve an "above the rest" record, you must take personal responsibility for your Navy career. Become involved in your command well beyond just performing your professional duties. Actively participate in professional and command committees, as an instructor and in the TQL process. You must achieve further training in your specialty, and develop organizational, managerial, administrative and leadership skills. Additionally, you should accomplish something extra, on the job, by identifying an area for improvement within your command or within your profession, something that will make a difference.

As your career moves along, seek opportunities to advance through changes in duty station and operational assignments, rather than homesteading in one location.

You've heard it before, so this should be no surprise: Stay in good physical shape. It does count!

Now you have to market your accomplishments. The best way to do this is by submitting a comprehensive "brag sheet" for each reporting period. Your command leadership should not have to guess your noteworthy performance, so well-written "bullet" statements of your accomplishments in quantitative terms will usually be incorporated into the fitrep. You can obtain a microfiche copy of your record from the Bureau of Naval Personnel (BUPERS). Your local Human Resources Management Department can advise you on how to obtain your record from BUPERS. Once you obtain your record, make sure it contains all fitness reports and awards. It also should have your current official photo. If items are missing or there are errors, such as in matching dates between fitness reports, get them fixed -- quickly.

If you can't get your record corrected before the board meets, you, and only you, can write a letter to the president of the selection board, noting significant accomplishments you believe were not included in fitreps, or other information you believe should be considered by the board. If you are unsure about these things, get advice from your department head, the Human Resources Department or your executive or commanding officer.

If you are a physician who is just finishing training, you may have special problems because of missing fitreps during your out-service training or your training period fitreps may lack substance. Following training, you must realize your command may not have time to make an adequate observation of your performance before your record is considered by a board. This is another opportunity for a good brag sheet of specific accomplishments to strengthen your fitrep and make you a competitive candidate for promotion. A letter to the board can also help. If most recent reports are missing or "not observed," it may be better to request not to be considered at the current selection board. This will prevent being passed over while you develop a good track record with a couple outstanding fitreps.

If you are in the position to write a fitrep on someone, remember how important this document is to a career. Become an expert on what to include and how the selection process works. It can sometimes take an hour (or more) to create a concise,

action-packed narrative that accurately reflects a junior's performance and potential for the Navy. Take the time to do it right. You would like someone to take the time with yours; your people expect you to do the same for them.

Story by CAPT W.R. Rowley, MC, USN

-USN-

HEADLINE: American College of Healthcare Executives' Fellowship USNH Rota, Spain (NSMN) -- Being advanced to Fellow In the American College of Healthcare Executives is an achievement that signifies excellence and commitment to health care management. Last year, quite a few Navy medical service corps officers were advanced to Fellow, and as many achieved Diplomate status (see following SIDEBAR).

In the profession of health care management, membership in the ACHE is widely recognized as a signal of commitment, professionalism and adherence to high ethical standards.

Membership in the ACHE can take place at three levels. Members possessing the basic entry qualifications start at the Associate level and, pending successful completion of a 300-question written exam and oral exam, may advance to Diplomate, where they are awarded the title "Certified Healthcare Executive" (CHE). Given evidence of continued education, community involvement, participation in health care affairs, and upon successful completion of four case studies, a thesis or a formal mentorship program, Diplomates may advance to Fellow. The entire advancement process from Associate to Fellow takes place over a 10- to 15-year period. Upon attainment of Fellowship, health care managers may use the initials FACHE in their official correspondence.

Navy health care executives recognize the importance of professional affiliation. As of May 1994, ACHE alone had 338 Associates, 66 Diplomates, and 33 Fellows who were in the Navy, primarily serving as Medical Service Corps officers. Achieving ACHE Diplomate status is equivalent to a physician achieving Specialty Board Certification, and achieving ACHE Fellowship level is equivalent to a physician being awarded Fellowship level by his Specialty Board.

The ACHE helps health care executives broaden their understanding of the health care system and sharpen their organizational strategies and leadership skills through an impressive array of seminars, institutes and conferences. Designed to provide real-world solutions to specific problems, ACHE's educational activities are typically led by two distinguished faculty members who teach groups of 40 or fewer health care executives.

The ACHE Annual Congress on Administration, a health care management educational event held each February in Chicago, is usually attended by more than 4,300 health care executives. Nearly 400 Navy MSC officers attended the ACHE Annual Congress this year. This event included a one-and-a-half-day Lewis P. Angelo Navy Day Seminar, which addressed specific Navy health care management issues from a macro to micro perspective. Mr. Ira Magaziner, who is the chief architect of President Bill

Clinton's National Healthcare Reform Initiative, was the guest speaker.

The ACHE is currently sponsoring a military membership drive where they will waive the current \$100 application fee for a limited period -- through 30 June 1994. You may obtain applications for membership in the ACHE by writing: American College of Healthcare Executives, Division of Membership, 840 N. Lakeshore Dr., Chicago, IL 60611-9660; or calling (312) 943-0544. Story by LCDR Robert E. Connors, MSC
Connors, who reports 17 June as DFA to NAVHOSP Twentynine Palms, CA, will be among the Fellows conferred at this year's annual ACHE meeting.

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SIDEBAR: MSC Officers Advanced to ACHE Fellows and Diplomates
ACHE Orlando, FL (NSMN) -- During the American College of Healthcare Executives Annual Conference held 8 August 1993 in Orlando, the following Medical Service Corps officers were advanced to:

FELLOW

CDR Jeffrey Harrison
LCDR Scott Foster
LCDR Linda Boris
LCDR Agnes R. Bouldin
LCDR Rodrigo Catabay
LCDR Paul Hoffman
LCDR Paul Lund
LCDR Kenneth Senn
LCDR Dale Wallace

DIPLOMATE

CAPT Lawrence J. Boland
CDR Steven Rice
CDR Brian Brannman
CDR George Pate
CLDR James F. Jahnke
LCDR Gary Rebholz
LT Daniel S. Alexander
LT Gilda M. Collazo
LT Justin Matis.

-USN-

HEADLINE: Corpsman Selected as Ship's SOY

USS BEARY (NSMN) -- HM1 Kathleen Marlatt didn't know much about the surface Navy before walking on board USS Donald B. Beary (FFT 1085) in early 1993. But that didn't prevent her from walking off with Beary's Sailor of the Year award.

Marlatt reported to Beary after a medical emergency had left the ship staffed by only a hospitalman apprentice for three months. With an operational propulsion plant examination coming, to be followed by a two-month deployment, the now doubled staff of the ship's medical department had a daunting job to face.

What does a true professional do? Marlatt responded like a Sailor of the Year. She raised the medical readiness of the crew, invigorated dormant safety programs and brought a fresh

look to shipboard sanitation programs. Displaying endless enthusiasm, dedication and hard work, she overcame each obstacle.

"She's gold," said Beary's executive officer, LCDR Pete Hackett. "She's one of the rare individuals in the world that can see obstacles coming, plan actions to alleviate those problems and accomplish the tasks at hand without you even knowing anything was wrong."

Despite devoting countless hours to her shipmates through daily sick call and medical training, she found time to pursue her enlisted surface warfare qualifications, which she expects to complete soon.

"HM1 Marlatt is the best IDC I have ever worked with. A true professional," said CDR D. Curtis, Beary's commanding officer.

When Marlatt returns to a shore billet, she will take with her a new understanding of the needs of the fleet. "As an IDC," she said, "you must be many things, not the least of which is a good listener. Clinical skills are important, but many times your crew needs you for so much more. You must be organized, but above all remember that no matter what inspection, operational deployment or administrative task has you tied down, your crew must always come first."

Story condensed from The Flagship (Norfolk, VA), 26 May 1994

-USN-

HEADLINE: Recruiter Working Hard to Get Medical Personnel

NRS Waterbury, CT (NSMN) -- MM1(SW) Paul D. Hauge, Recruiter-in-Charge of Navy Recruiting Station Waterbury will stop at nothing to recruit another qualified applicant into the Navy. After completing a home visit (to a possible recruit) on 14 February, he was enroute to a card shop in his car. He had planned to purchase his wife a Valentine's Day card, instead, he was involved in a serious automobile accident. Hauge sustained several injuries, including a broken sternum, five broken ribs, back and neck injuries and whiplash.

When emergency medical technicians arrived on the scene, they quickly loaded him onto a backboard and placed him in an ambulance. While enroute to the hospital, Hauge struck up a conversation with one of the EMTs attending him. "I wasn't in a particularly chatty mood," Hauge said. "But it helped me keep my mind off of the pain." Their conversation turned to the Navy and the EMT told Hauge that friend and fellow EMT had just left for Navy recruit training. As it turned out, Hauge was his recruiter. Current Navy hospital corpsman and former Waterbury EMT, HN Ronald Gosselin was a close friend of the attending EMT and had spoken highly of Hauge.

Prior to leaving the ambulance for treatment at the hospital, Hauge had obtained the EMT's name, telephone number, medical background and certifications. He had also set up a tentative appointment for after his release from the hospital. Hauge is recovering nicely from his injuries. He is participating in physical therapy and is back at work trying to land yet another EMT. Hauge's persistence, even in the face of personal adversity, is commendable. According to Hauge, however,

"there's got to be an easier way to get a contact."

Story by JOCS(SW) Jim Rostohar, NRD New England

Reprinted from Navy Recruiter, May 1994

-USN-

HEADLINE: Grand Round Abstracts

NAVHOSP Charleston (NSMN) -- LT Ron Gimbel, MSC, received the 1994 Young Healthcare Executive of the Year Award during a conference of the American College of Healthcare Executives (Navy Regent). The award is given to the candidate who best exhibits leadership on the job, personal commitment to the ACHE and service to the community.

EDITORS NOTE: See article on ACHE, this issue.

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NLUS Washington (NSMN) -- LCDR Gary Higgins, MSC, of the Navy Environmental Health Center Detachment Bethesda was one of several service members awarded the Navy League of the United States National Capitol Council's 1993 Theodore Roosevelt Award for outstanding public service accomplished during their off-duty hours.

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NNMC Bethesda (NSMN) -- LT Jo Ann Moldenhauer, MSC, recently represented the Navy, and the National Naval Medical Center Bethesda, at the 1994 Armed Forces Bowling Championships, competing against the best from the Army, Air Force and Marine Corps at Camp Lejeune, NC. The 12-person All-Navy team was selected during a week-long trial camp at Charleston, SC, where Moldenhauer placed second for the women.

Difficult lane conditions in the Armed Forces competition lowered everyone's average, including Moldenhauer's, who maintains a 188 average at Bethesda's Edward R. Clauss Bowling Center. Although her 174 total average and high game of 226 did not garner any awards, Moldenhauer and the All-Navy Team enjoyed participating in the event. "The spirit of competition and the opportunity to meet so many interesting people was an incredible experience," said Moldenhauer, who is looking forward to future competition.

Condensed from story by JOSN Roy DeCoster

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NMC San Diego (NSMN) -- LT Anne Lurati, NC, is a runner. A dedicated runner. Every morning she stretches, does 1,000 sit-ups, 100 push-ups, and then takes off for a 10-mile run. Every morning.

"My dream is to run the authentic Greek Marathon," said Lurati. "I just love to run."

For now, Lurati devotes time away from work as a staff nurse at the Naval Medical Center San Diego's Urology Clinic to running. Preferably uphill. Eventually, she'd like to run the Boston Marathon.

"In fact, I was accepted one year, but couldn't make it," she said. "But I'll get there."

Condensed from story by H. Sam Samuelson

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NNMC Bethesda (NSMN) -- HM2 Raymond D. Hamilton recently became Naval District Washington's 1993 Sportsperson of the Year for his extensive involvement in both military and community health and sports activities. Hamilton transferred at the end of 1993 from the Naval Medical Research Institute at Bethesda to the Naval School of Health Sciences Detachment at Fort Sam Houston, TX, where he is currently the class leader in physical therapy technician school.

During 1993, Hamilton competed on a joint National Naval Medical Center, Walter Reed Army Medical Center 8-man tackle football team, where he won the team's "Best Defensive Back" award for outstanding performance. That performance earned him a spot on the All Star's Second Team, which went on to win a local All-Star Championship Game. Hamilton also established and played on NMRI's Intramural Basketball team, extensively participated in the local youth basketball league his son played on, and worked with various local and military fitness organizations as player, coach, planner and developer.

Said NMRI's Commander CAPT Robert G. Walter, "Petty Officer Hamilton consistently strives to lead by example and understands the value of a team effort."

Condensed from story by JOSN Roy DeCoster

-USN-

HEADLINE: HEALTHWATCH: Stress Management Aboard Saratoga

NENS - USS Saratoga (NSMN) -- The story of life aboard USS Saratoga (CV 60) is written in the steam and thunder of flight operations, in the hectic pace of work below decks, and in the camaraderie of 5,000 people working together to complete a common mission.

That mission -- sometimes military, sometimes humanitarian -- is accomplished at a personal price to every Sailor and Marine aboard. One price, according to ship's chaplain LCDR Jim Christian, is stress.

"If you designed a machine to create stress, it would probably be a lot like an aircraft carrier," said Christian. "Even when quiet, the ship is noisy; privacy is scarce; and we work many more hours than we sleep or relax.

"Obviously, family separation is a big stressor too," he continued, "and a large percentage of our crew consists of young people who are having their first experience with professional accountability and being away from home. So the command responded to the need for some stress management training to support the mission, and we developed this course."

Command chaplain CDR Tom Murphy, Christian, LT Juan Bidot and the Saratoga medical department's LCDR Robert Morash take turns teaching the seminar's weekly one-hour-a-night segments. The seminar kicked off with an overview of the course and an introduction to stress management.

The instructors teach that stress is your response to the world around you. Although your first, instinctive response to

the world's prodding might be to run away or to fight, Christian explained that here and now, and particularly aboard an aircraft carrier, more creative ways of responding are needed.

Those ways include replacing "negative coping skills" -- such as overindulging in food or alcohol -- with positive skills. The instructors teach exercise, good nutrition, communication and life management as ways of managing stress.

Finding time to exercise, eat right and listen can be tricky, so the instructors also introduce the class to time management.

The result of good stress management, according to Christian, is a sailor who has good relationships with family, friends and co-workers; who sees challenges as opportunities; and who is in good physical condition.

"We're not going to change the ship, the fact of deployment or most of the other stressors in people's lives," Christian said. "But there are positive ways to handle it all, and that's what our course is about."

Story reprinted from NavEur News Service 94-08

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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 17-20 June 1994, the first reunion of The American Association of Navy Hospital Corpsmen, Memphis, TN. For more information, contact HMCS Joe Havens, 3452 Highland Park Place, Memphis, TN 38111; (901) 324-5693.

-- 5 July 1994, 12-week Financial and Materiel Management Training Course begins. Contact CDR Dave Wynkoop, MSC, at (301) 295-0624, DSN 295-0624 for more information.

-- 9-16 July 1994, The Third National Kaiser Permanente Internal Medicine Conference, Ritz Carlton Hotel, Kapalua, Maui, HI. For information, contact Eric Tepper, MD, Internal Medicine, The Permanente Medical Group, 3400 Delta Fair Blvd., Antioch, CA 94509; (510) 779-5211.

-- 11-22 July 1994, Operational and Preventive Medicine Course, NEPMU-5, San Diego. Call (619) 556-7086, DSN 526-7086 for information.

-- 20-24 July 1994, 22nd National Naval Officers Association (NNOA) Conference, San Diego. Call 1-800-772-6662 for information; Navy POC is CDR Ronald Keys at (703) 697-8554, DSN 227-8554.

-- 25-29 July 1994, Eighth Annual Sports Medicine Conference, San Diego. For information, contact the University of California, Office of Continuing Medical Education, (619) 534-3940.

-- 1-12 August 1994, Operational Entomology Training, Navy Disease Vector Ecology and Control Center, Jacksonville, FL. For information, contact the DVECC Training Department at (904) 772-2424, DSN 942-2424, FAX (904) 779-0107.

-- 17-28 October 1994, Operational Entomology Training, Navy Disease Vector Ecology and Control Center, Jacksonville, FL. For information, contact the DVECC Training Department at (904) 772-2424, DSN 942-2424, FAX (904) 779-0107.

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4. June observances and events occurring 13-26 June:

JUNE

Fireworks Safety Month (sponsored by Prevent Blindness America; call 1-800-331-2020 for more information)

National Hernia Month (1-800-322-BARD; in MA, 1-800-845-8852)

National Scleroderma Awareness Month (1-800-722-HOPE)

13 June: Reserve O-4 MC Board Convenes

13 June: O-4 MC, DC, NC, MSC Boards Convene

14 June: VOTE! Maine, North Dakota, South Carolina and Virginia Primaries

14 June: Flag Day

17 June 1898: Navy Hospital Corpsman Birthday

19 June 1964: Civil Rights Bill passed

19 June: Father's Day

21 June: 1st Day of Summer

22 June: BUPERS Night Detailing until 2200 ET

22 June 1944: First GI Bill of Rights signed

26 June-2 July: Helen Keller Deaf-Blind Awareness Week
(516-944-8900, x325)

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